

Cincinnati Recreation Commission

Water Exercise

CRC's fun aquatic fitness programs help you improve your fitness level, decrease stress, build strength and muscle tone.

Water Exercise is a 60-minute, aerobic, water workout designed to get your heart pumping. Did you know that every gallon of water you move weighs 8.3 lbs?

Your first class is FREE, so give it a try! SUMMER SESSION: June 2 - August 14
Register at the pool. Call 357-POOL (7665) for information.

Before starting any workout program, please consult your physician.

Dunham Otto Armleder	Mon, Wed & Fri Tues & Thurs	11:00am - 12:00pm 5:30pm - 6:30pm
Madisonville	Wed & Fri	6:00pm - 7:00pm
McKie	Mon, Wed & Fri	6:00pm - 7:00pm
Mt. Washington	Mon & Wed Tues & Thurs	5:30pm - 6:30pm 9:30am - 10:30am
Pleasant Ridge	Mon, Wed & Fri	8:30am - 9:30am

Arthritis Exercise

SUMMER SESSION: June 15 - August 14 (no class July 3) Call 352-4028 to register.

Mt. Auburn Warm Water	Mon & Wed	5:30pm - 6:30pm
Indoor Pool	Tues	3:00pm - 4:00pm
2034 Young St. 45219	Fri	1:00pm - 2:00pm

Water Exercise/Arthritis Exercise passes can be purchased at any of the above pools and are valid at all locations and at Mt. Auburn Indoor Pool year round.

\$3.60 / class	Package of 20 classes	\$72.00
\$4.00 / class	Package of 10 classes	\$40.00
\$5.00 / class	Single class price	

www.cincyrec.org • Aquatics: **357-POOL (7665)** • aquatics@cincinnati-oh.gov



The City of Cincinnati and CRC are dedicated to providing equal employment without regard to race, gender, age, color, religion, disability status, marital status, sexual orientation, or transgendered status, or ethnic, national or Appalachian origin, or on the basis of any other category protected under federal, state and local laws. The City of Cincinnati and CRC are committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

